

MINUTES
MANITOWOC COUNTY
Extension Education and Agriculture Committee

DATE: Thursday, August 19, 2021

TIME: 4:45 P.M.

PLACE: Manitowoc County Office Complex, 4319 Expo Drive, Manitowoc, WI

MINUTES:

1. **Meeting called to order** at 4:45 p.m. by Chair Wagner.
2. **Roll call:** Present: Catherine Wagner and Bob Cavanaugh. Excused: Supervisor Martel, Supervisor Niels and Supervisor Hansen. Also present: Judy Knudsen, Department Director; Laura Apfelbeck, FoodWise Coordinator, Jace Purdy and Krystina FoodWise Educators and Neil Hall, Manitowoc County 4-H Program Educator.
3. **Approval of Agenda.** Motion made by Supervisor Cavanaugh and seconded by Supervisor Wagner to approve August 19, 2021 agenda. Motion carried all voting aye.
4. **Public Comment** - None.
5. **Minutes.** Motion made by Supervisor Cavanaugh and seconded by Supervisor Wagner to approve minutes from the June 17, 2021 meeting. Motion carried all voting aye.
6. **Correspondence** - None.
7. **Program Highlight:**

FoodWise Coordinator Laura Apfelbeck introduced FoodWise Educators Jace Purdy and Krystina Yang. After sharing their background, they presented on Strong Bodies and demonstrated exercises done as part of the program. Strong Bodies is an eight-week exercise program for older adults which is taught in small groups. Participants learn to exercise more regularly and eat healthier. Regular, weight-bearing exercise helps older adults increase their strength, muscle mass and bone density, and decrease the risk of osteoporosis, diabetes, heart disease, arthritis, depression and obesity. Exercise has also been shown to improve self-confidence, sleep and vitality. There is not cost for participants to participate. A number of organizations in Manitowoc County are interested in hosting this program.

8. Department Director Report:

Department Head Knudsen introduced Neil Hall, Extension Manitowoc County 4-H Program Educator Neil Hall. He provided information on his previous work experience. Neil has met a number of 4-H leaders as preparations are being finalized for the upcoming Manitowoc County Fair.

Move to the UW-Green Bay Manitowoc Campus has been delayed due to later than planned arrival of office furniture. Planned move date is September 15, 2021. Will hold the October meeting of the Extension Education and Agriculture Committee at the new office location. Future meetings will be held at the Manitowoc County Office Complex.

Monthly newsletter was shared.

Budget review/progress 2021 to date was shared.

9. **Next Meeting:** Thursday, October 21, 2021, 4:45 PM
10. **Adjournment:** Motion made by Supervisor Cavanaugh and seconded by Supervisor Wagner to adjourn the meeting. Motion carried all voting aye. Meeting adjourned at 5:30 p.m.